

DINNERLY



Giant Beef Meatballs and Spaghetti with Hidden Zucchini



30 minutes



2 Servings

Not everyone loves veggies, so sometimes it's okay to be a bit sneaky in the kitchen. Grate zucchini and add it to beef meatballs, simmer in a tomato sauce and then spoon over spaghetti – then watch them run to the table!

WHAT WE SEND

- 1 zucchini
- 1 onion
- 250g spaghetti ¹
- beef mince
- 10g Tuscan seasoning ¹⁷
- 400g diced tomatoes

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 2 garlic cloves
- 1½ tbs olive oil
- 2 tbs tomato paste
- 1 tsp sugar

TOOLS

- medium saucepan
- box grater
- sieve
- medium frypan
- medium deep frypan with lid

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 930kcal, Fat 39.1g, Carbs 86.0g, Proteins 52.4g



1. Prep ingredients

Bring a medium saucepan of salted water to the boil for the spaghetti. Coarsely grate the **zucchini**. Put in a sieve over a bowl, sprinkle with a **generous pinch of salt** and stand for 5 mins. Squeeze out the excess liquid (see Kitchen 101). Meanwhile, finely chop the **onion**. Crush or finely chop **2 garlic cloves**.



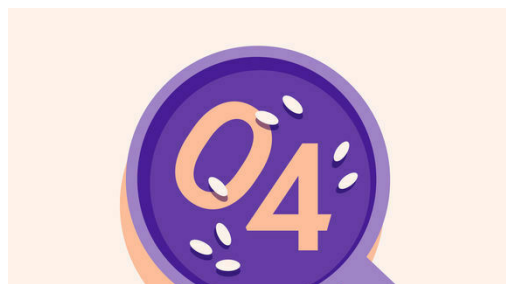
2. Cook spaghetti

Cook **three-quarters of the spaghetti*** in the pan of boiling water for 12 mins or until al dente. Reserve **60ml (¼ cup) cooking water**, then drain the spaghetti. Meanwhile, put the **beef mince, zucchini, half the Tuscan seasoning** and **half the garlic** in a bowl and season with **salt and pepper**. Using damp hands, combine well, then shape into 6 large meatballs.



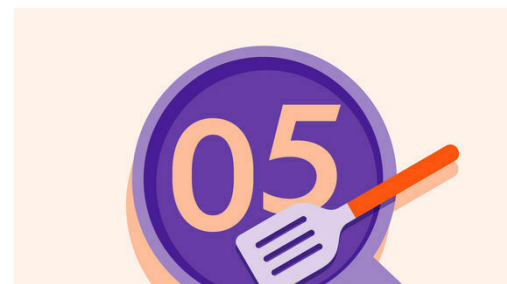
3. Brown meatballs

Heat **1 tbs olive oil** in a medium frypan over medium-high heat. Cook the **meatballs**, turning occasionally, for 8-10 mins until browned. Remove the pan from the heat. Meanwhile, heat **2 tsp olive oil** in a medium deep frypan over medium heat. Cook the **onion** and **remaining garlic**, stirring, for 5 mins or until softened.



4. Simmer sauce

Add the **tomatoes, remaining Tuscan seasoning, reserved cooking water, 2 tbs tomato paste** and **1 tsp sugar** to the onion mixture and stir to combine. Bring to the boil, then add the **meatballs**, reduce the heat to medium and cook, covered, for 5 mins or until the sauce is slightly thickened and the meatballs are cooked through. Remove the pan from the heat.



5. Serve up

Taste the sauce, then season with **salt and pepper**. Divide the **spaghetti** among bowls, spoon over the **meatballs and sauce** and enjoy!



6. Kitchen 101

Squeezing out the excess liquid from the zucchini ensures the mince mixture doesn't become too wet, which will cause the meatballs to fall apart when cooking. Use a clean tea towel or clean hands to squeeze it out.